

Wellness Resources for all SMART Members

With so much stress, anxiety and uncertainty going on around us in this new age of the Coronavirus-COVID-19 it is important that we do our best to maintain as healthy a mind and body as possible. There is no silver bullet to wellness but there are things we can do right now that will help. It is important to remember that a healthy diet and quitting smoking should be close to the top of healthy things to accomplish in this post COVID-19 world.

Sleep

The average adult should be getting 7-9 hours of sleep per night, unfortunately most of us don't get anywhere near this. Sufficient sleep is important in more ways than we will take the time to list here, but in the age of COVID-19, ongoing stress makes us susceptible to illness and disease because the brain sends defense signals to the endocrine system, which then releases an array of hormones that not only gets us ready for emergency situations, but severely depresses our immunity at the same time. Some experts claim that stress has been responsible for as much as 90% of all illnesses and diseases, including cancer and heart disease.

“Sleep Hygiene” is a term used to describe healthy habits and routines related to sleep. While this part of good sleep isn't science there are some universal tips and tricks that can help you get a better night's rest.

- Give yourself a set bedtime - and do your best to stick with it: When considering building a good sleep routine, the key is the routine - make a plan and stick with it. Start with a bedtime that you know you can keep. The easiest way to do this is to start with your wakeup time and go back at least 8 hours.
- Avoid caffeine before bedtime - Once you have a time set, it's important to consider how long before bed caffeine affects your body. Some people can have coffee with dinner, and others wouldn't be able to fall asleep if they have any after lunch.
- Avoid strenuous exercise before bedtime - While regular physical fitness is very important for good health and sleep, one should avoid hard workouts before bed. We want to avoid “waking our bodies up” through exercise before falling asleep.
- Do not interact with screens for about 30 minutes before bedtime (phones, TV, computers, etc.)
- In today's world many of us interact with screens from the moment we wake until falling asleep with one on in the background or in our hands, this should be avoided. Doing this may seem hard at first but you will get used to it quickly.

What you do want to incorporate into this routine is some kind of quiet meditation. This practice can be very short, less than five minutes, but it will help to let your brain and body know that it's time to wind down. While this can vary for the individual, the general advice is to be in as dark a room as possible and most of us sleep more deeply when it is a bit cool rather than hot in the room.

Giving your body time to rest and recharge will make a big difference in most people's daily performance, mood and health.

Intentional Self-Care

Self-care is a broad term used to describe time when we are able to recharge. For many, the idea of recharging would look like a long weekend in a tent by a lake or in a nice hotel room. While these getaways are important and absolutely forms of self-care, we encourage you to consider things that can be incorporated daily. The examples we hear are as diverse as we are - there is no right answer. The important thing is that these things bring you some peace and allow you to soak in rather than feel put out.

We have been given dozens of examples ranging from yoga to shooting to walking to cross-fit. Some people will find peace in cooking while others enjoy a long meal with loved ones. Our guess is that you know what it is that recharges you and, in all likelihood, you don't do it enough. One of the easiest ways to make sure that you are getting appropriate self-care is to ask those closest to you if you are. We also encourage you to discuss this as a goal that can be reached with a friend or two. Check in with one another and do it in a way that encourages and doesn't shame. Nobody wants to feel like we are going to get grilled by a friend about how many times we exercised, instead knowing that your friend will ask because they care about your well-being is a good thing.

It is important that this remain a positive process and not something added to your "to do list", we should look forward to this time.

The following is a comprehensive list of resources for up to date information as well as recommended wellness practices that focus on improving our mental health during this most stressful time.

COVID-19 Resources for Adults

<https://medium.com/@racorvese/covid-19-resources-for-adults-384f115e44db>

SYMPTOMS	COVID-19	COMMON COLD	FLU	ALLERGIES
 DRY COUGH	Common	Rare	Common	Sometimes
 FEVER	Common	Mild	Common	Sometimes
 SHORTNESS OF BREATH	Common	No	No	Common
 HEADACHE	Sometimes	Rare	Common	Sometimes
 ACHES & PAINS	Sometimes	Common	Common	No
 SORE THROAT	Sometimes	Common	Common	No
 FATIGUE	Sometimes	Sometimes	Common	Sometimes
 DIARRHEA	Rare	No	Sometimes*	No
 RUNNY NOSE	Rare	Common	Sometimes	Common
 SNEEZING	No	Common	No	Common

*Sometimes for children

Sources: CDC, WHO, and American College of Allergy, Asthma and Immunology

Exercise Apps:

Peloton is now offering free 90-day subscriptions to help with those who need to shift their workout routine indoors. Anyone can sign up for the Peloton Digital membership (whether you have the fancy bike or not!). There are live and recorded video and audio workouts for yoga, strength-training, guided runs, meditation and cycling. FREE for the next 90 days (then \$12.99 / month). (you definitely don't need a bike!) <https://www.onepeloton.com/digital/checkout/digital-90d>

Obé offers 100 live classes per week, plus more than 4,000 on-demand classes. You can do a total-body workout in 28 minutes or less. You can do yoga, pilates, dance cardio, barre and so much more. If you're new to Obé, you can start a FREE trial (then \$27.00 / month). www.obefitness.com

Well+Good Home Exercise: <https://apple.news/ACOM534QXTiKMZeqRnVkBhg>

Fitness Blender for free HIIT videos <https://www.fitnessblender.com/videos>

Yoga Apps:

Down Dog - highly-rated app for at-home yoga practice. FREE yoga for beginners, HIIT, barre and 7-minute workout classes now through 4/1/20. <https://www.downdogapp.com>

Free yoga classes on YouTube: YouTube EkhartYoga; YouTube Yoga with Adrienne

Yoga classes included with Amazon Prime

Meditation Apps:

Headspace is providing free subscriptions to health care providers during this pandemic. You can redeem the account via your NPI number. All subscribers will get free access to > 1,000 hours of meditation and mindfulness content through the end of the year. Headspace also unlocked a free "weathering the storm" collection in the app, designed to support consumers during the COVID-19 outbreak. The collection is available in the "explore" tab.

<https://www.headspace.com/health-covid-19>

Calm Free recorded meditations, stories, and music w/ themes such as mindfulness and sleep.

<https://www.calm.com/blog/take-a-deep-breath>

Insight Timer Free recorded meditations, stories, and music w/ themes such as mindfulness and sleep. I use this one (no\$relationship/bias) and highly recommend Jennifer Piercy's "Yoga Nidra For Sleep" <https://insighttimer.com/>

Apps4kids: Mind Yeti, Breathe kids, Cosmic kids

<https://www.mindyeti.com/v2/s/pricing>

<https://www.stopbreathethink.com/kids/>

<https://www.cosmickids.com>

Happify - meditation mantras: <https://www.happify.com/hd/4-mantras-for-instant-stress-relief/>

Creative Expression Options

Journaling: https://ggia.berkeley.edu/practice/expressive_writing

Gratitude Journal: https://ggia.berkeley.edu/practice/gratitude_journal

Narrative Writing:

https://docs.google.com/presentation/d/1XOv1vvn1ATllaCflW3IDg7sxOUZF8ZMn_TWLZT3nTqY/edit?usp=sharing

Daily art assignment (#quarantineartclub on instagram)

Movies/Theater Lovers

Netflix party is a free chrome plug-in that allows you to watch Netflix remotely with friends and family.

Theater Lovers: With theater productions big and small being cancelled, people are now airing clips of cancelled productions on instagram

<https://www.instagram.com/theatrewithouttheater/>

and Twitter <https://twitter.com/LauraBenanti/status/1238540113795309569>.